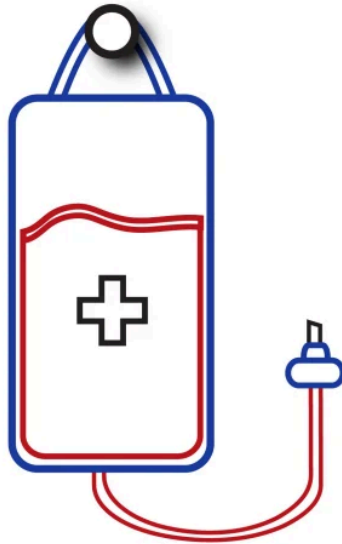


by [Deva Hardeep Singh](#) | [Dharma Seeds Yoga Press](#)© | 23 June 2023 |

[Nourishing the soul via a self-care IV](#)

Why Self-Care is Vital for Spiritual Practices

Self-care is the practice of taking actions that promote your physical, mental, and emotional well-being. It includes activities that you do for yourself, such as getting enough sleep, eating healthy foods, exercising, and spending time in nature.



Spiritual practices are activities that help you connect with your inner wisdom, higher power, or source of inspiration. They can include meditation, prayer, yoga, journaling, and spending time in nature.

Self-care and spiritual practices are closely related. When you take care of yourself physically, mentally, and emotionally, you are creating a foundation for spiritual growth. And when you engage in spiritual practices, you are opening yourself up to insights and experiences that can help you grow and evolve.

Here are some of the reasons why self-care is so vital for spiritual practices:

- **Self-care helps you to relax and de-stress.** When you are stressed, your body releases hormones that can interfere with your ability to think clearly and make sound decisions. Self-care practices such as meditation, yoga, and spending time in nature can help you to relax and de-stress, which can make it easier to connect with your spiritual side.

- **Self-care helps you to feel more grounded and centered.** When you are feeling grounded and centered, you are more likely to be open to spiritual experiences. Self-care practices such as spending time in nature, journaling, and listening to calming music can help you to feel more grounded and centered.
- **Self-care helps you to listen to your intuition.** Your intuition is your inner guidance system. It is the voice that tells you what is right for you. When you are well-rested, relaxed, and centered, you are more likely to be able to hear your intuition. Self-care practices such as meditation, yoga, and journaling can help you to develop your intuition.
- **Self-care helps you to feel more connected to others.** When you feel good about yourself, you are more likely to be kind and compassionate to others. Self-care practices such as spending time in nature, volunteering, and practicing gratitude can help you to feel more connected to others.

If you are interested in deepening your spiritual practice, it is important to make self-care a priority. There are many different self-care practices that you can choose from, so find what works best for you and make it a regular part of your life. When you take care of yourself, you are creating the conditions for spiritual growth and transformation.

Here are some specific self-care practices that can support your spiritual practices:

- **Meditation:** Meditation is a great way to relax and de-stress, and it can also help you to connect with your intuition. There are many different types of meditation, so find one that works for you and practice it regularly.
- **Yoga:** Yoga is another great way to relax and de-stress, and it can also help you to connect with your body and your breath. There are many different types of yoga, so find one that works for you and practice it regularly.

- By incorporating self-care practices into your life, you can create the conditions for spiritual growth and transformation.



<https://dharmaseedsyoga.wordpress.com/2023/06/23/nourishing-the-soul-via-a-self-care-iv/>

unloved, unworked trauma has a way, at least for me, to hide behind my fears with a mask of who I wasn't inside. Halloween was a daily dressing ritual so to speak. So I get it when trauma is present self-care is in the backseat.

That is why I appreciate trauma-informed yoga and mindfulness. Some of the training I received was with **Trauma Center Trauma Sensitive Yoga**. They are definitely at the forefront of this healing yoga.

What is Trauma Sensitive Yoga (TCTSY)? Explained by its c...



Self-care and mindfulness are both important for mental health, but they can also lead to some problems if they are not done correctly.

Here are some of the mental health issues that can arise with self-care and mindfulness:

- **Excessive self-focus:** When people focus too much on themselves, it can lead to feelings of isolation and loneliness. This can be especially true if people are not also connecting with others and participating in activities that they enjoy.

- **Feelings of guilt:** If people feel guilty about taking time for themselves, it can sabotage their efforts to practice self-care. It is important to remember that self-care is not selfish. It is essential for maintaining good mental health.
- **Perfectionism:** When people set unrealistic expectations for themselves, it can lead to feelings of frustration and disappointment. It is important to be patient and forgiving with yourself, and to focus on making small changes that you can sustain over time.
- **Avoidance:** If people use self-care as a way to avoid dealing with difficult emotions or situations, it can actually make their mental health problems worse. It is important to face your challenges head-on, and to use self-care as a way to support yourself through difficult times.
- **Dependency:** If people become too reliant on self-care activities, it can lead to dependency and a lack of resilience. It is important to find a balance between self-care and other activities that you enjoy.
- **Isolation:** If people practice self-care in isolation, it can lead to feelings of loneliness and disconnection. It is important to find ways to connect with others, even when you are taking time for yourself.

It is important to remember that self-care and mindfulness are not a cure for mental health problems. However, they can be helpful tools for managing symptoms and promoting overall well-being. If you are struggling with mental health problems, it is important to seek professional help. Self-care and mindfulness can be a part of your treatment plan, but they should not be the only thing you rely on.

If you are experiencing any of the mental health issues listed above, it is important to talk to a therapist or counselor. They can help you develop a self-care plan that is right for you and can teach you how to use mindfulness healthily.

Here are some tips for practicing self-care in a healthy way:

- **Set realistic expectations:** Don't try to do too much too soon. Start with small changes that you can sustain over time.
- **Be kind to yourself:** Remember that self-care is not selfish. It is essential for maintaining good mental health.
- **Find activities that you enjoy:** There are many different ways to practice self-care. Find activities that you enjoy and that make you feel good.
- **Don't be afraid to ask for help:** If you are struggling, don't be afraid to ask for help from a friend, family member, or therapist.
- **Be patient with yourself:** It takes time to develop healthy habits. Don't get discouraged if you slip up. Just pick yourself up and start again.



Self-care and mindfulness can be helpful tools for managing mental health problems. However, it is important to remember that they are not a substitute for professional help. If you are struggling with mental health problems, it is important to seek professional help.

How to Overcome Excessive Self-Focus Within Mindfulness

Mindfulness is the practice of paying attention to the present moment without judgment. It can be a helpful tool for overcoming excessive self-focus. When we are overly focused on ourselves, we can become anxious, depressed, and isolated. Mindfulness can help us to step back from our thoughts and feelings and to see them more objectively. This can help us to let go of negative thoughts and emotions and to focus on the present moment.

There are many different ways to practice mindfulness. Some common practices include meditation, yoga, and tai chi. Meditation is the practice of sitting quietly and focusing on the breath. Yoga is a mind-body practice that combines physical postures with breathing exercises and meditation. Tai chi is a gentle martial art that combines slow, flowing movements with mindfulness.

If you are interested in overcoming excessive self-focus, it is important to find a mindfulness practice that works for you and to commit to practicing it regularly. Here are some tips for practicing mindfulness:

- **Find a quiet place where you will not be disturbed.**
- **Sit comfortably with your back straight.**
- **Close your eyes and focus on your breath.**
- **Notice the rise and fall of your breath as it enters and leaves your body.**
- **If your mind wanders, gently bring it back to your breath.**
- **Continue to practice for 5-10 minutes.**

As you practice mindfulness, you may notice that you start to become more aware of your thoughts and feelings. You may also notice that you are less likely to judge yourself or others. With regular practice, mindfulness can help you to overcome excessive self-focus and to live a more balanced and fulfilling life.

Here are some additional tips for overcoming excessive self-focus within mindfulness:

- **Practice compassion for yourself.** When you notice that you are being overly self-critical, take a moment to pause and practice compassion for yourself. Remind yourself that everyone makes mistakes and that you are not alone.
- **Connect with others.** One of the best ways to overcome excessive self-focus is to connect with others. Spend time with friends and family, volunteer your time, or join a club or group. When you connect with others, you are reminded that you are part of something larger than yourself.
- **Focus on the present moment.** One of the hallmarks of excessive self-focus is dwelling on the past or worrying about the future. When you find yourself doing this, gently bring your attention back to the present moment. Notice the sights, sounds, smells, and sensations around you. Focus on your breath and on the feeling of your body in your seat.
- **Be patient with yourself.** Overcoming excessive self-focus takes time and practice. Don't get discouraged if you don't see results immediately. Just keep practicing and you will eventually start to see a difference.

Mindfulness is a powerful tool that can help us to overcome excessive self-focus and to live a more balanced and fulfilling life. If you are struggling with excessive self-focus, I encourage you to find a mindfulness practice that works for you and to commit to practicing it regularly. With regular practice, you will start to see a difference in your thoughts, feelings, and behaviors.



Your Brain Can Only Take So Much Focus

How to Overcome Feelings of Guilt Within Mindfulness

Guilt is a common human emotion that can be caused by a variety of factors, such as making a mistake, hurting someone else, or not living up to our own expectations. While guilt can be a healthy emotion that motivates us to make amends and improve our behavior, it can also be debilitating and prevent us from living our lives to the fullest.

Mindfulness is a powerful tool that can help us to overcome feelings of guilt. Mindfulness is the practice of paying attention to the present moment without judgment. When we practice mindfulness, we become aware of our thoughts and feelings without getting caught up in them. This allows us to see our guilt for what it is: a thought, not a fact.

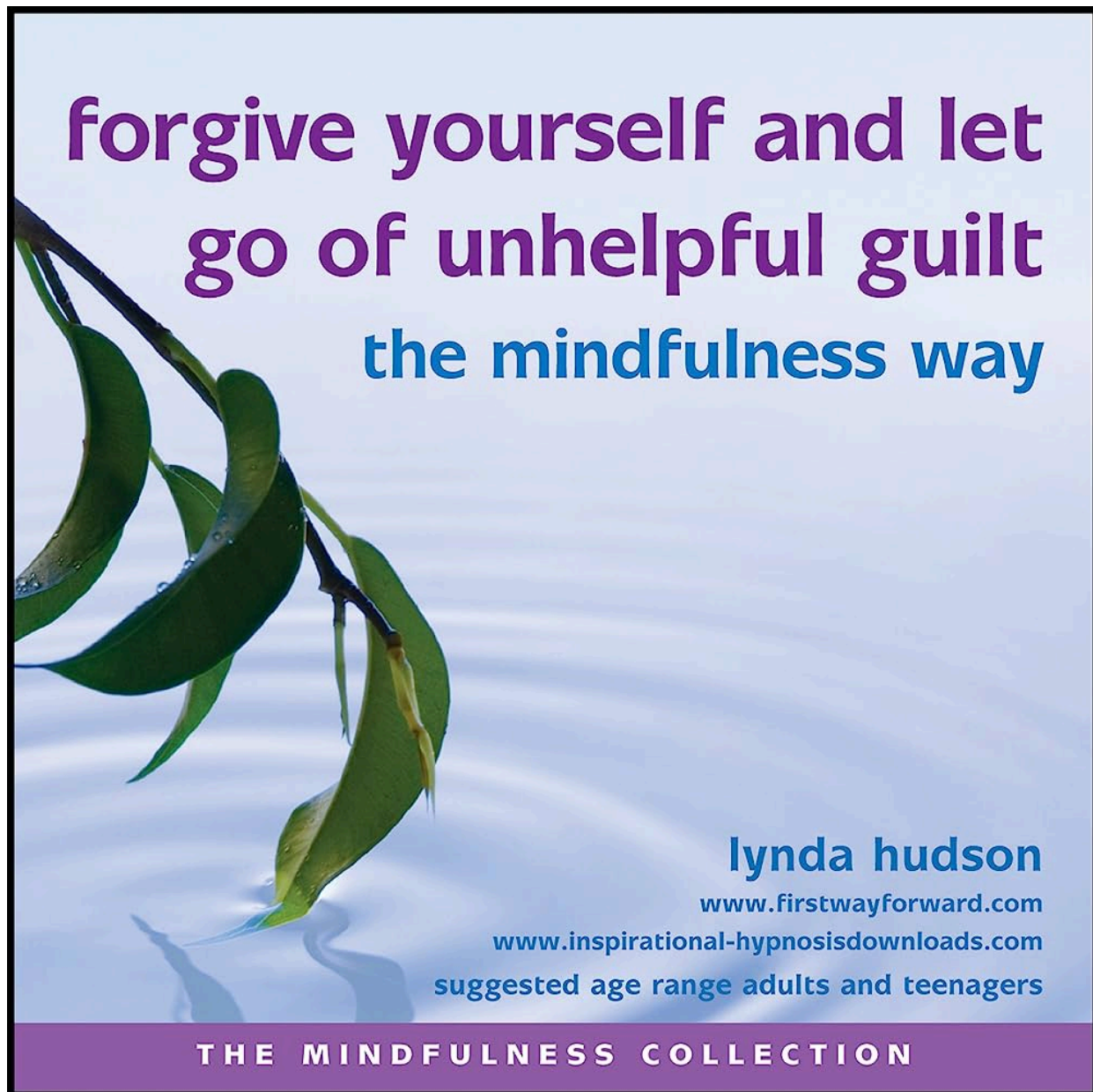
When we are mindful of our guilt, we can start to see it more objectively. We can see that our guilt is often based on unrealistic expectations or on a distorted view of the situation. We can also see that our guilt is often self-serving. We may use

guilt to avoid taking responsibility for our actions, to manipulate others, or to punish ourselves.

Once we have seen our guilt more objectively, we can start to let it go. We can do this by accepting our guilt, by forgiving ourselves, and by taking steps to make amends if necessary.

Here are some tips for overcoming feelings of guilt within mindfulness:

- **Practice mindfulness meditation.** Mindfulness meditation is a great way to develop the skills of mindfulness. When you meditate, you focus your attention on your breath and on the present moment. This helps you to become more aware of your thoughts and feelings without getting caught up in them.
- **Pay attention to your thoughts and feelings.** When you are feeling guilty, take a moment to pause and pay attention to your thoughts and feelings. What are you thinking? How are you feeling?
- **See your guilt for what it is.** Remember that your guilt is just a thought, not a fact. It is based on your own interpretation of the situation.
- **Challenge your thoughts.** Are your thoughts about your guilt realistic? Are they based on facts or on assumptions?
- **Forgive yourself.** Once you have seen your guilt more objectively, you can start to forgive yourself. Remember that everyone makes mistakes.
- **Take steps to make amends.** If your guilt is based on something you have done, you can take steps to make amends. This may involve apologizing to the person you have hurt, making restitution, or changing your behavior.



<https://www.amazon.com/Forgive-yourself-unhelpful-guilt-Mindfulness/dp/1908740396>

Overcoming feelings of guilt takes time and practice. But with regular practice, you can learn to let go of your guilt and live a more peaceful and fulfilling life.

Here are some additional tips for overcoming feelings of guilt within mindfulness:

- **Practice compassion for yourself.** When you notice that you are feeling guilty, take a moment to practice compassion for yourself. Remind yourself that you are human and that everyone makes mistakes.

- **Connect with others.** One of the best ways to overcome guilt is to connect with others. Spend time with friends and family, volunteer your time, or join a club or group. When you connect with others, you are reminded that you are not alone and that you are loved.
- **Focus on the present moment.** One of the hallmarks of guilt is dwelling on the past or worrying about the future. When you find yourself doing this, gently bring your attention back to the present moment. Notice the sights, sounds, smells, and sensations around you. Focus on your breath and on the feeling of your body in your seat.
- **Be patient with yourself.** Overcoming guilt takes time and practice. Don't get discouraged if you don't see results immediately. Just keep practicing and you will eventually start to see a difference.

Mindfulness is a powerful tool that can help us to overcome feelings of guilt and to live a more balanced and fulfilling life. If you are struggling with feelings of guilt, I encourage you to find a mindfulness practice that works for you and commit to practicing it regularly. With regular practice, you will start to see a difference in your thoughts, feelings, and behaviors.



- STOP
- TAKE A BREATH
- OBSERVE *(what's going on inside)*
- PROCEED *(in a helpful way)*

How to Overcome Perfectionism Within Mindfulness

Perfectionism is a common human trait that can be both helpful and harmful. On the one hand, perfectionism can motivate us to achieve our goals and to do our best work. On the other hand, perfectionism can lead to anxiety, stress, and low self-esteem.

Mindfulness is a powerful tool that can help us to overcome perfectionism.

Mindfulness is the practice of paying attention to the present moment without judgment. When we practice mindfulness, we become aware of our thoughts and feelings without getting caught up in them. This allows us to see our perfectionism for what it is: a thought, not a fact.

When we are mindful of our perfectionism, we can start to see it more objectively. We can see that our perfectionism is often based on unrealistic expectations or on a distorted view of ourselves and the world. We can also see that our perfectionism is often self-defeating. We may use perfectionism to avoid taking risks, to avoid failure, or to feel like we are in control.

Once we have seen our perfectionism more objectively, we can start to let it go. We can do this by accepting our imperfections, forgiving ourselves, and setting realistic goals.

Here are some tips for overcoming perfectionism within mindfulness:

- **Practice mindfulness meditation.** Mindfulness meditation is a great way to develop the skills of mindfulness. When you meditate, you focus your attention on your breath and on the present moment. This helps you to become more aware of your thoughts and feelings without getting caught up in them.

- **Pay attention to your thoughts and feelings.** When you are feeling perfectionistic, take a moment to pause and pay attention to your thoughts and feelings. What are you thinking? How are you feeling?
- **See your perfectionism for what it is.** Remember that your perfectionism is just a thought, not a fact. It is based on your own interpretation of the situation.
- **Challenge your thoughts.** Are your thoughts about your perfectionism realistic? Are they based on facts or on assumptions?
- **Forgive yourself.** Once you have seen your perfectionism more objectively, you can start to forgive yourself. Remember that everyone is imperfect.
- **Set realistic goals.** Instead of setting unrealistic goals, set goals that are challenging but achievable. This will help you to feel a sense of accomplishment and to reduce your stress levels.

Overcoming perfectionism takes time and practice. But with regular practice, you can learn to let go of your perfectionism and live a more peaceful and fulfilling life.

Here are some additional tips for overcoming perfectionism within mindfulness:

- **Practice compassion for yourself.** When you notice that you are being perfectionistic, take a moment to practice compassion for yourself. Remind yourself that you are human and that everyone makes mistakes.
- **Connect with others.** One of the best ways to overcome perfectionism is to connect with others. Spend time with friends and family, volunteer your time, or join a club or group. When you connect with others, you are reminded that you are not alone and that you are loved.
- **Focus on the present moment.** One of the hallmarks of perfectionism is dwelling on the past or worrying about the future. When you find yourself doing this, gently bring your attention back to the present moment. Notice the sights, sounds, smells, and sensations around you. Focus on your breath and on the feeling of your body in your seat.

- **Be patient with yourself.** Overcoming perfectionism takes time and practice. Don't get discouraged if you don't see results immediately. Just keep practicing and you will eventually start to see a difference.

Mindfulness is a powerful tool that can help us to overcome perfectionism and to live a more balanced and fulfilling life. If you are struggling with perfectionism, I encourage you to find a mindfulness practice that works for you and to commit to practicing it regularly. With regular practice, you will start to see a difference in your thoughts, feelings, and behaviors.

How to Overcome Avoidance Within Mindfulness

Avoidance is a common coping mechanism that can be helpful in the short-term, but it can be harmful in the long-term. When we avoid difficult or uncomfortable situations, we may feel better in the moment, but we are not actually dealing with the problem. This can lead to problems such as anxiety, depression, and low self-esteem.



Mindfulness Exercises for Anxiety

- Mindfulness meditations
- Setting mindful intentions
- Observing anxious, negative thoughts drifting away
- Grounding exercises
- Mindful breathwork
- Body scan and progressive muscle relaxation
- Taking a mindful walk
- Focusing on one thing at a time
- Journaling
- Spending intentional time without your phone

Mindfulness for Anxiety: How It Works & Techniques to Try

Mindfulness is a powerful tool that can help us to overcome avoidance.

Mindfulness is the practice of paying attention to the present moment without judgment. When we practice mindfulness, we become aware of our thoughts and feelings without getting caught up in them. This allows us to see our avoidance for what it is: a way of coping with difficult emotions.

When we are mindful of our avoidance, we can start to see it more objectively. We can see that our avoidance is often based on fear or anxiety. We can also see that our avoidance is often self-defeating. We may use avoidance to avoid feeling pain, but this only makes the pain worse in the long run.

Once we have seen our avoidance more objectively, we can start to let it go. We can do this by facing our fears, accepting our emotions, and practicing self-compassion.

Here are some tips for overcoming avoidance within mindfulness:

- **Practice mindfulness meditation.** Mindfulness meditation is a great way to develop the skills of mindfulness. When you meditate, you focus your attention on your breath and on the present moment. This helps you to become more aware of your thoughts and feelings without getting caught up in them.
- **Pay attention to your thoughts and feelings.** When you are feeling avoidant, take a moment to pause and pay attention to your thoughts and feelings. What are you thinking? How are you feeling?
- **See your avoidance for what it is.** Remember that your avoidance is just a thought, not a fact. It is based on your own interpretation of the situation.
- **Challenge your thoughts.** Are your thoughts about your avoidance realistic? Are they based on facts or on assumptions?
- **Face your fears.** One of the best ways to overcome avoidance is to face your fears. This does not mean that you have to do something that you are terrified of, but it does mean that you should take small steps towards facing your fears.
- **Accept your emotions.** When you are feeling anxious or afraid, it is important to accept your emotions. Do not try to push them away or numb them. Instead, allow yourself to feel your emotions fully.
- **Practice self-compassion.** When you are feeling avoidant, it is important to be kind to yourself. Remember that everyone experiences avoidance from time to time. Do not judge yourself for feeling avoidant. Instead, be patient with yourself and offer yourself compassion.

Overcoming avoidance takes time and practice. But with regular practice, you can learn to let go of your avoidance and live a more peaceful and fulfilling life.

Here are some additional tips for overcoming avoidance within mindfulness:

- **Practice compassion for yourself.** When you notice that you are avoiding something, take a moment to practice compassion for yourself. Remind yourself that everyone experiences avoidance from time to time.
- **Connect with others.** One of the best ways to overcome avoidance is to connect with others. Spend time with friends and family, volunteer your time, or join a club or group. When you connect with others, you are reminded that you are not alone and that you are loved.
- **Focus on the present moment.** One of the hallmarks of avoidance is dwelling on the past or worrying about the future. When you find yourself doing this, gently bring your attention back to the present moment. Notice the sights, sounds, smells, and sensations around you. Focus on your breath and on the feeling of your body in your seat.
- **Be patient with yourself.** Overcoming avoidance takes time and practice. Don't get discouraged if you don't see results immediately. Just keep practicing and you will eventually start to see a difference.

Mindfulness is a powerful tool that can help us to overcome avoidance and to live a more balanced and fulfilling life. If you are struggling with avoidance, I encourage you to find a mindfulness practice that works for you and to commit to practicing it regularly. With regular practice, you will start to see a difference in your thoughts, feelings, and behaviors.

How to Overcome Dependency Within Mindfulness

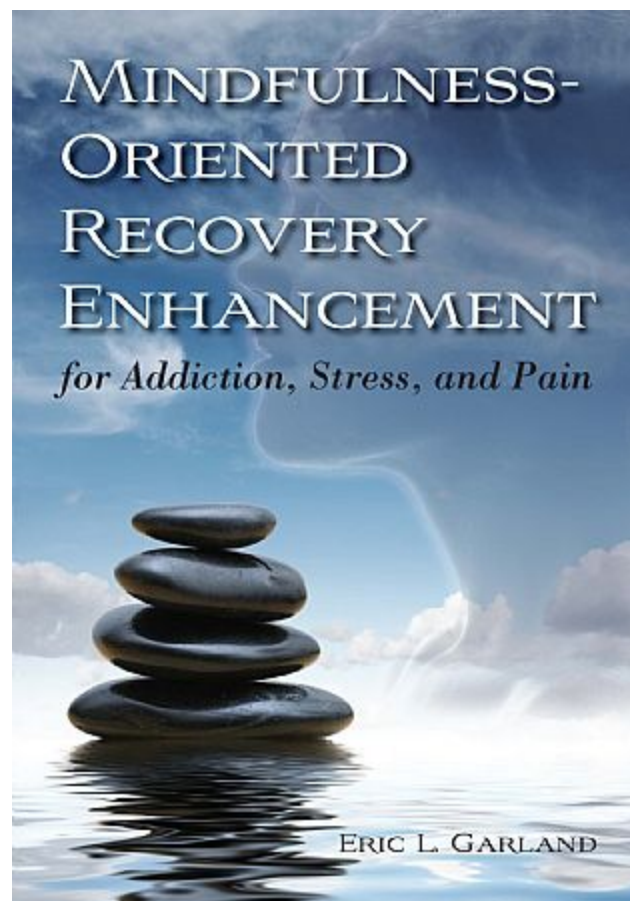
Dependency is a common human condition that can be caused by a variety of factors, such as childhood experiences, personality traits, and mental health

conditions. While dependency can be a helpful coping mechanism in the short-term, it can become a major obstacle to growth and development in the long-term.

Mindfulness is a powerful tool that can help us to overcome dependency. Mindfulness is the practice of paying attention to the present moment without judgment. When we practice mindfulness, we become aware of our thoughts and feelings without getting caught up in them. This allows us to see our dependency for what it is: a way of coping with difficult emotions.

When we are mindful of our dependency, we can start to see it more objectively. We can see that our dependency is often based on fear or anxiety. We can also see that our dependency is often self-defeating. We may use dependency to avoid feeling pain, but this only makes the pain worse in the long run.

Once we have seen our dependency more objectively, we can start to let it go. We can do this by developing self-reliance, by facing our fears, and by practicing self-compassion.



[Link to Book](#)

Here are some tips for overcoming dependency within mindfulness:

- **Practice mindfulness meditation.** Mindfulness meditation is a great way to develop the skills of mindfulness. When you meditate, you focus your attention on your breath and on the present moment. This helps you to become more aware of your thoughts and feelings without getting caught up in them.
- **Pay attention to your thoughts and feelings.** When you are feeling dependent, take a moment to pause and pay attention to your thoughts and feelings. What are you thinking? How are you feeling?
- **See your dependency for what it is.** Remember that your dependency is just a thought, not a fact. It is based on your own interpretation of the situation.
- **Challenge your thoughts.** Are your thoughts about your dependency realistic? Are they based on facts or on assumptions?
- **Develop self-reliance.** One of the best ways to overcome dependency is to develop self-reliance. This means learning to do things for yourself and to rely on your own resources.
- **Face your fears.** Another way to overcome dependency is to face your fears. This does not mean that you have to do something that you are terrified of, but it does mean that you should take small steps towards facing your fears.
- **Practice self-compassion.** When you are feeling dependent, it is important to be kind to yourself. Remember that everyone experiences dependency from time to time. Do not judge yourself for feeling dependent. Instead, be patient with yourself and offer yourself compassion.

Overcoming dependency takes time and practice. But with regular practice, you can learn to let go of your dependency and live a more independent and fulfilling

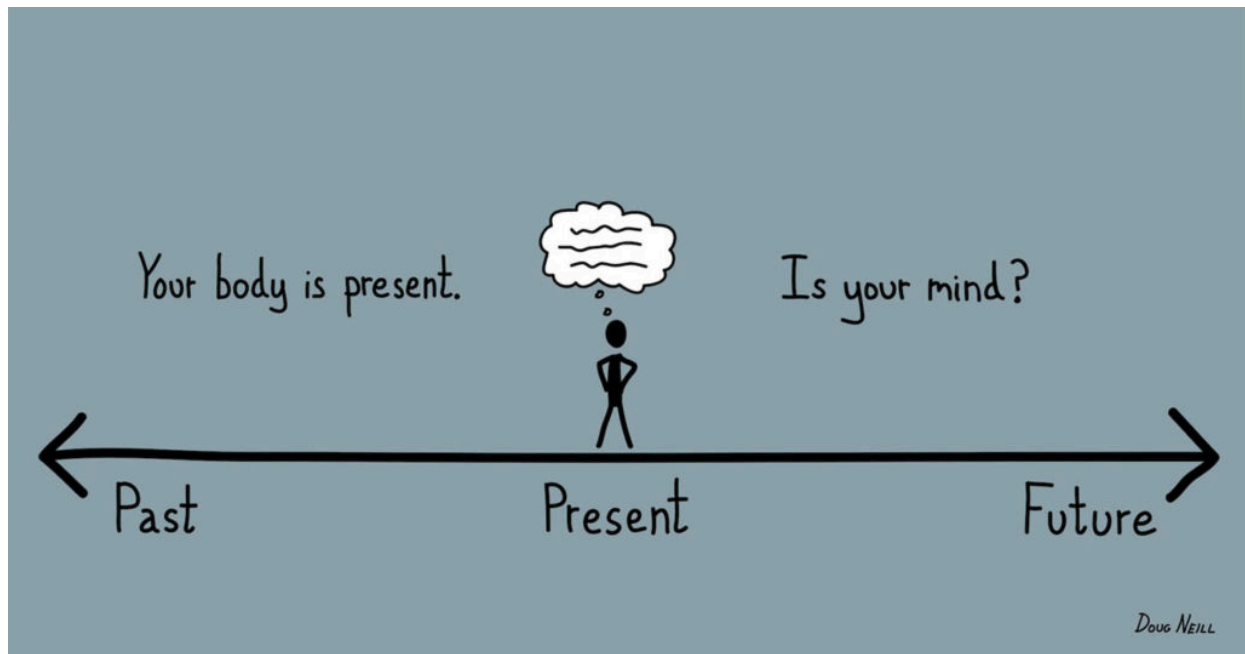
life.

Here are some additional tips for overcoming dependency within mindfulness:

- **Practice compassion for yourself.** When you notice that you are being dependent, take a moment to practice compassion for yourself. Remind yourself that everyone experiences dependency from time to time.
- **Connect with others.** One of the best ways to overcome dependency is to connect with others. Spend time with friends and family, volunteer your time, or join a club or group. When you connect with others, you are reminded that you are not alone and that you are loved.
- **Focus on the present moment.** One of the hallmarks of dependency is dwelling on the past or worrying about the future. When you find yourself doing this, gently bring your attention back to the present moment. Notice the sights, sounds, smells, and sensations around you. Focus on your breath and on the feeling of your body in your seat.
- **Be patient with yourself.** Overcoming dependency takes time and practice. Don't get discouraged if you don't see results immediately. Just keep practicing and you will eventually start to see a difference.

Mindfulness is a powerful tool that can help us to overcome dependency and to live a more balanced and fulfilling life. If you are struggling with dependency, I encourage you to find a mindfulness practice that works for you and to commit to practicing it regularly. With regular practice, you will start to see a difference in your thoughts, feelings, and behaviors.

How to Overcome Isolation Within Mindfulness



Isolation is a common human experience that can be caused by a variety of factors, such as loneliness, social anxiety, or mental health conditions. While isolation can be a temporary coping mechanism, it can become a major obstacle to mental and physical health in the long term.

Mindfulness is a powerful tool that can help us to overcome isolation. Mindfulness is the practice of paying attention to the present moment without judgment. When we practice mindfulness, we become aware of our thoughts and feelings without getting caught up in them. This allows us to see our isolation for what it is: a way of coping with difficult emotions.

When we are mindful of our isolation, we can start to see it more objectively. We can see that our isolation is often based on fear or anxiety. We can also see that our isolation is often self-defeating. We may use isolation to avoid feeling pain, but this only makes the pain worse in the long run.

Once we have seen our isolation more objectively, we can start to let it go. We can do this by connecting with others, facing our fears, and practicing self-compassion.

Here are some tips for overcoming isolation within mindfulness:

- **Practice mindfulness meditation.** Mindfulness meditation is a great way to develop the skills of mindfulness. When you meditate, you focus your attention on your breath and on the present moment. This helps you to become more aware of your thoughts and feelings without getting caught up in them.
- **Pay attention to your thoughts and feelings.** When you are feeling isolated, take a moment to pause and pay attention to your thoughts and feelings. What are you thinking? How are you feeling?
- **See your isolation for what it is.** Remember that your isolation is just a thought, not a fact. It is based on your own interpretation of the situation.
- **Challenge your thoughts.** Are your thoughts about your isolation realistic? Are they based on facts or on assumptions?
- **Connect with others.** One of the best ways to overcome isolation is to connect with others. Spend time with friends and family, volunteer your time, or join a club or group. When you connect with others, you are reminded that you are not alone and that you are loved.
- **Face your fears.** Another way to overcome isolation is to face your fears. This does not mean that you have to do something that you are terrified of, but it does mean that you should take small steps towards facing your fears.
- **Practice self-compassion.** When you are feeling isolated, it is important to be kind to yourself. Remember that everyone experiences isolation from time to time. Do not judge yourself for feeling isolated. Instead, be patient with yourself and offer yourself compassion.



Overcoming isolation takes time and practice. But with regular practice, you can learn to let go of your isolation and live a more connected and fulfilling life.

Here are some additional tips for overcoming isolation within mindfulness:

- **Practice compassion for yourself.** When you notice that you are isolating yourself, take a moment to practice compassion for yourself. Remind yourself that everyone experiences isolation from time to time. Do not judge yourself for isolating yourself. Instead, be patient with yourself and offer yourself compassion.
- **Connect with nature.** Spending time in nature is a great way to connect with others and to feel less isolated. Go for a walk in the park, hike in the woods, or sit by the ocean.
- **Get involved in your community.** Volunteer your time at a local soup kitchen, homeless shelter, or animal shelter. Getting involved in your

community is a great way to connect with others and to feel less isolated.

- **Join a club or group.** Joining a club or group is a great way to meet new people and to make friends. There are clubs and groups for just about everything, so you are sure to find one that interests you.
- **Be patient with yourself.** Overcoming isolation takes time and practice. Do not get discouraged if you do not see results immediately. Just keep practicing and you will eventually start to see a difference.

Mindfulness is a powerful tool that can help us to overcome isolation and to live a more connected and fulfilling life. If you are struggling with isolation, I encourage you to find a mindfulness practice that works for you and commit to practicing it regularly. With regular practice, you will start to see a difference in your thoughts, feelings, and behaviors.

Pre-Caution

While engaging in any **yoga activities**, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review on our [website](#), our guidance on using Yoga for mental health purposes.

Research

Here are 4 academic & scientific articles on why self-care is vital to mindfulness:

- **“Mindfulness and Self-Care: A Review of the Literature”** by Christopher Germer, Ph.D. and Kristin Neff, Ph.D. This article provides a comprehensive overview of the research on mindfulness and self-care. It discusses the benefits of mindfulness for physical and mental health, as well as how mindfulness can be used to promote self-care. [Another Link](#)
- **“The Power of Self-Care: How to Take Care of Yourself and Thrive”** by Emily Nagoski, PhD. This book provides a practical guide to self-care. It covers a wide range of topics, including physical health, emotional health, and spiritual health.
- **“The Mindful Path to Self-Compassion”** by Christopher Germer, PhD and Kristin Neff, PhD. This book teaches the skills of mindfulness and self-compassion. It provides exercises and worksheets that can be used to develop these skills.
- **“The Science of Mindfulness: A Research-Based Guide to Cultivating Peace, Joy, and Well-Being”** by Jon Kabat-Zinn, PhD. This book provides an overview of the research on mindfulness. It discusses the benefits of mindfulness for physical and mental health, as well as the ways in which mindfulness can be used to promote self-care.

These are just a few of the many resources available on the topic of mindfulness and self-care. If you are interested in learning more, I encourage you to explore these resources and to find what works best for you.

Resources

EMOTIONAL PAIN CHART

MENTAL THOUGHT PATTERNS THAT FORM OUR EXPERIENCES

Pain Areas and Probable Causes:

Neck:

Refusing to see other sides of the question. Stubbornness, inflexibility.

Shoulders:

Represent our ability to carry our experiences in our life joyously. We make life a burden by our attitude.

Spine:

Represent the support of life.

Upper: Lack of emotional support

Feeling unloved.

Holding back love.

Middle: Guilt. Stuck in the past.

Get off my back.

Lower: Fear of money. Lack of financial support.

Elbows:

Represents changing directions & accepting new experiences.

Wrists:

Represent movement and ease

OTHER CONNECTIONS:

Arthritis: Feeling unloved.

Criticism. Resentment.

Bone Breaks/ Fractures: Rebelling against authority.

Bursitis: Repressed anger.

Inflammation: Fear. Seeing red.

Inflamed thinking.

Joint Pain: Represent changes in direction in life and the ease of these movements.

Loss of Balance: Not centered.

Scattered thinking.

Sciatica: Being hypocritical.

Fear of money and or the future.

Slipped Disc: Indecisive. Feeling totally unsupported by life.

Sprains: Not wanting to move in a certain direction in life. Anger and resistance.

Stiffness: Rigid, stiff thinking.

Weakness: A need for mental rest.

HOW IT WORKS:

"Our body movement is reflective of our inner world." We teach you how to live inside your body. To feel your feet when they strike the ground and know which way you need to turn your foot which way you need to turn your foot in order to align your body and work toward being pain-free.

It allows you to be conscious in your body while instinctively bringing awareness to your life.

Your mind and body have connected. We see this automatically benefit the lives of our clients by helping them

make decisions that are in the best interests of their health from choosing better foods to choosing a career that suits them better. A clearer mind helps you to expend less energy everyday and use that energy towards a life you love.

Hips:

Fear of going forward in major decisions. Nothing to move forward to.

Knees:

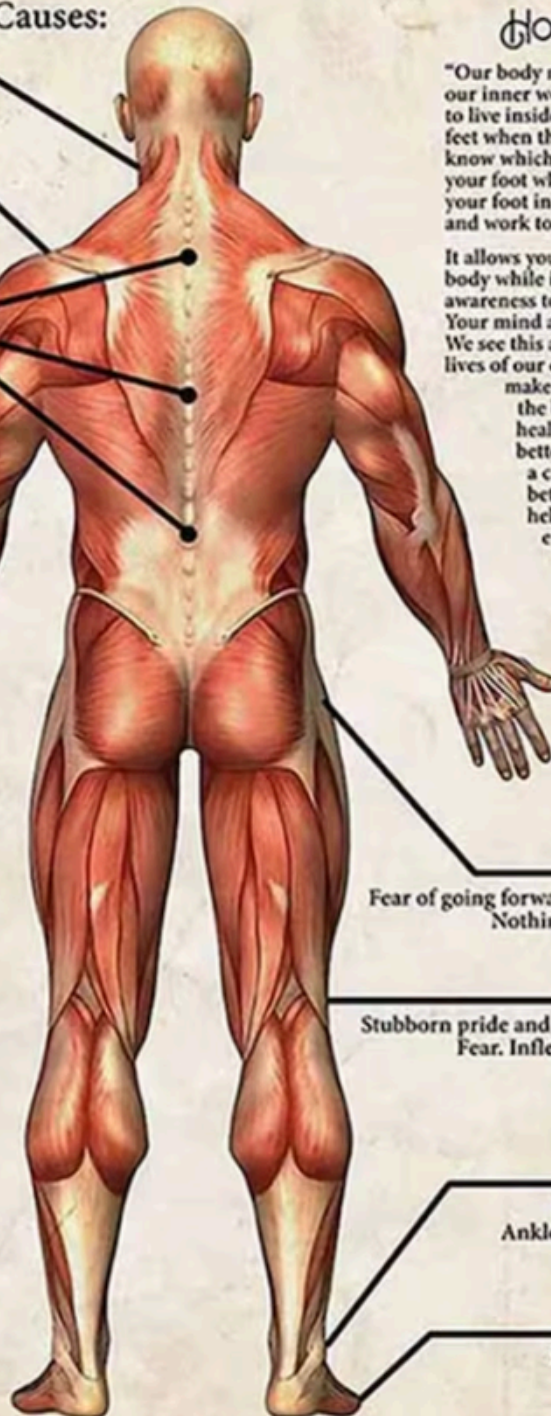
Stubborn pride and ego. Inability to bend. Fear. Inflexibility. Won't give in.

Ankles:

Inflexibility and guilt. Ankles represent the ability to receive pleasure.

Bunions:

Lack of joy in meeting experiences in life.



BODY SCAN MEDITATION

1

Sit in a comfortable chair in a dimly lit room.

2

Imagine the outline of your body and slowly trace it in your head.

3

Observe the amount of pressure you're feeling against the chair.

4

Where there is more pressure and where there is less. Be mindful.

5

Start with your head. Work down to your feet. Then back up the other side of your body.

6

Take about five minutes for this exercise.

- **PTSD resources**
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **The National Center for PTSD:** <https://www.ptsd.va.gov/>
- **The Rape, Abuse & Incest National Network (RAINN):** <https://www.rainn.org/>
- **The National Alliance on Mental Illness (NAMI):** <https://www.nami.org/>

- The American Psychological Association: <https://www.apa.org/>

- Prison Yoga Project – 200hr Yoga Teachers

Training: <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>

- In The Rooms (web based 12-STEP rooms)

<https://www.intherooms.com/home/>

You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>

Sign up for our newsletter: <http://eepurl.com/hQlzgl>

Dharma Seeds Press bookstore: <https://www.lulu.com/spotlight/dharma-seeds-yoga-press/>

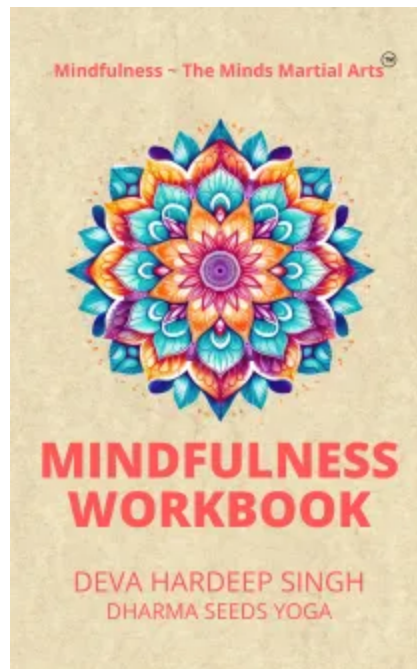
[Deva's BoHo Shoppe](#)

Dharma Seeds Yoga [brochure](#)

Join our Engage Mindfulness™ Minds Martial Artist™ program FREE



For more information on our Engage Mindfulness™ please
email: dharmaseedsyoga@gmail.com



NOW FOR SALE

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.

The Mind's Martial Arts is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.

The Mind's Martial Arts is a comprehensive and easy-to-follow guide to mindfulness. It is a great resource for anyone who is interested in learning how to be more mindful.

Mindfulness is a skill that can be learned and practiced.

Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness.

The Mind's Martial Arts™ Chapter 1



Coming in August



Sample PDF



Mar 2023 at families 100+year Indigenous homestead.

Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a Yuchi Indian, enrolled in the Muscogee Nation, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the Hulu/FX Series **Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.



Find Deva on World Yoga Federation

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